



Palm Beach County
 Youth Services Department
 Residential Treatment & Family Counseling Division
 Education & Training Center
 PRESENTS



Lunch & Learn

Understanding and Reducing Mental Health Stigma in Families and Communities

Presenter: Allanys Méndez Vega, M.S.



REGISTRATION LINK:

[HTTPS://
WWW.SURVEYMONKEY.COM/R/
NSWSY59](https://www.surveymonkey.com/r/NSWSY59)

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

TUESDAY,

MAY 5, 2026

12:00 pm—1:00 pm

**ZOOM REMOTE
VIDEO CONFERENCE**

Once registration is confirmed, link to access the training will be provided

Description

Mental health stigma remains one of the most significant barriers preventing children, adolescents, and families from seeking support. This presentation explores how stigma develops within families, schools, and communities, and how cultural and generational beliefs shape attitudes toward mental health. Drawing from clinical experience and research, the presenter will examine how stigma affects children’s emotional wellbeing and help-seeking behaviors. Through case examples and guided discussion, attendees will gain practical, culturally responsive strategies to reduce stigma, promote open conversations, and create psychologically safe environments at home and in professional settings.



There is no cost associated with this program.